

Shortcuts



Chayote Squash: Nutrition . Selection . Storage

Nutrition information for chayote squash and tips on how to select, store and prepare it. [Health Benefits](#)

[\[All Fruits\]](#) [\[All Vegetables\]](#)

Did You Know...

Chayote squash can be substituted for summer squash in any recipe. The skin and seed are edible.



How To Select

Choose firm chayote with smooth, unblemished skin.

How to Store

Refrigerate chayote squash in plastic bag for up to a month. Rinse before using.

Nutrition Benefits

Fat free, cholesterol free, sodium free, good source of vitamin C.

[Fruit Nutrition Database](#)

[Vegetable Nutrition Database](#)

You may also be interested in...

[How to Read a Food Label](#)

[Key Nutrients Found in Fruits & Veggies](#)

[Dietary Guidelines for Americans](#)
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Health Benefits of Fruits & Vegetables

The natural antioxidants in fruits and vegetables will help keep your body working at its best, so consuming a diet that meets your [daily recommended amount of fruits and vegetables](#) is one of the best ways to give your body a strong defense against disease. Fruits and vegetables are protective to health as they're helpful at **reducing the risk**

Nutrition Facts			
Serving Size 1/2 cup 1" pieces (88g)			
Servings Per Container			
Amount Per Serving			
Calories 15		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	3g		1%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	1g		
Vitamin A 0%		• Vitamin C 8%	
Calcium 2%		• Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			